Let's Barbecue TURKEY

HISTORY OF BARBECUE

The word barbecue comes from the Spanish word "barbacoa", meaning a wood frame used as a drying rack or cooking grill. Probably the Pilgrims were the first to "barbecue" when they spit-roasted their turkey over an open fire. Today millions of Americans are cooking outdoors and enjoying the flavor and aroma of charcoal-roasted foods.

HELPFUL HINTS for Easy Barbecuing

HOW MUCH TURKEY TO BUY

Plan on ¾ to 1 pound per serving (ready-to-cook weight) when buying turkey for the barbecue. Small to medium-sized birds, 6 to 13 pounds are just right for the rotisserie. The 6 to 8 pound turkey may be cut into parts and grilled.

When buying the boneless turkey rolls, either all white, all dark or a delicious combination of white and dark meat, plan on 3 to 4 servings per pound.

HOW TO TAKE CARE OF TURKEY

Never thaw a turkey at room temperature or in warm water. Use one of the following methods to thaw turkey for the barbecue.

1. **Place bird in its original wrap, under running cold water. Allow 2 to 6 hours for thawing.**
2. **Leave bird in original wrap, place on tray in refrigerator. Allow 1 to 3 days for thawing.**

Prompt cooking of fresh or thawed poultry is essential during the summer months. After barbecuing and serving turkey, refrigerate any left-overs as soon as possible. Remove meat from bones of a rotisseried turkey; wrap tightly and refrigerate promptly.

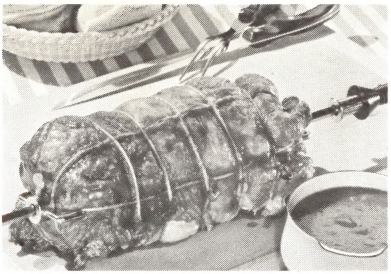
EQUIPMENT NEEDED

A small table near grill or rotisserie is helpful to hold padded gloves, barbecue sauce and brush, bottle of water for fire flare-ups, platter or carving board and carving utensils, and long-handled tongs for turning grilled foods. Note: Buy several inexpensive 2 to 3 inch paint brushes to make basting easier.

FIRE-BUILDING KNOW-HOW

Start fire 30 to 40 minutes before cooking. An even bed of glowing coals 2 to 3 inches deep is best. For rotisserie cooking, keep coals to rear of fire box. Form a drip catch pan of heavy aluminum foil in front portion of fire box. It may be necessary to replenish the coals during the spit-cooking of a turkey.

ON THE SPIT



WHOLE ROAST TURKEY

Thaw turkey; remove giblets and neck from body and neck cavities. Wash, drain and pat dry. Sprinkle body cavity lightly with salt. Push drumsticks under band of skin at tail, if present, or tie drumsticks securely to tail. Fasten neck skin to back with skewer. Flatten wings over breast, then tie cord around breast to hold wings securely. Do not stuff a rotisserie-cooked bird.

Insert spit rod through center of bird from tail end toward front. Insert skewers firmly in place in bird and fasten screws tightly. Test the balance. It is important that the turkey balances on the spit so it will rotate smoothly throughout the cooking period.

Arrange hot charcoal briquets at back of fire box. Place a foil drip pan in front of briquets. Place spit in rotisserie and start motor as barbecue manufacturer directs.

Brush turkey with melted butter or margarine at beginning of cooking. When using a barbecue sauce, brush on bird the last 30 to 40 minutes of cooking only. To test doneness, a roast meat thermometer placed in center of inside thigh muscle or thickest part of breast should register approximately 185°F. Turkey is done when thickest part of drumstick feels very soft when pressed between protected fingers.

APPROXIMATE TIMETABLE FOR WHOLE TURKEY

Purchased Ready-to-Cook Weight	Internal Temperature	Guide to Total Roasting Time
6 to 8 lbs.	185° F	2½ to 3 hours
8 to 12 lbs.	185° F	3 to 4½ hours
12 to 13 lbs.	185° F	4 to 5 hours

BONELESS TURKEY ROASTS

Thaw turkey roast or roll. If roast is not preseasoned, season with salt and pepper.

Insert spit rod through center of roast; set screws and adjust balance. Brush roast with melted butter or margarine. Use barbecue sauce only the last 30 minutes of cooking time.

Place spit in rotisserie and proceed as for whole turkey (above).

To test doneness, insert a meat thermometer in center of roll, being careful not to touch spit. Thermometer should register 170° to 175°F.

TIMETABLE FOR BONELESS TURKEY ROAST

Purchased Weight	Internal Temperature	Guide to Total Roasting Time
3 to 5 lbs.	170-175° F	2 to 2½ hours
5 to 6 lbs.	170-175° F	2½ to 3 hours

ON THE GRILL

The 6 to 7 pound turkey is best for grilling. If possible, have meat dealer cut up turkey as follows: 2 wings, 2 drumsticks, 2 thighs, 4 pieces breast, 2 pieces back; or if bird is smaller, cut into quarters. Or, thaw turkey; remove giblets from body and neck cavities. Cut into 12 pieces with heavy knife or poultry shears.

Marinate in Chinese Marinade (see recipe on back page) about 2 hours at room temperature or overnight in refrigerator. If not using marinade, season with salt, pepper and poultry seasoning and brush generously with melted butter or margarine.

Place turkey pieces on grill 6 to 8 inches above hot glowing coals. (The wings and back pieces may be added ½ hour after rest of turkey.) Cook, turning occasionally, about 1½ hours. If desired, baste with Chinese Marinade or any barbecue sauce during last 30 minutes of cooking.

To test doneness, cut into drumstick with very sharp knife. Turkey is done when there is no pinkness near bone.

TIPS TO REMEMBER

Remember that timetables are merely guides to total cooking time. A cool day or strong wind lengthens barbecue time. Add 30 to 45 minutes to cooking time.

When spit-roasting turkey make sure the juices run into the drip pan and not into the fire. Too much juice will put the fire out beneath the turkey.

Marinate turkey in glass or pottery dishes about 2 hours at room temperature or overnight in the refrigerator.

Time foods from the kitchen to be ready when barbecue is done. Salads and desserts made ahead and refrigerated save time for the hostess.

Heat garlic bread or rolls over coals while serving turkey. Foil-wrapped breads take just a few minutes to heat while carving turkey.

Marinades and Basting Sauces

BASIC BARBECUE SAUCE

½ lb. (1 cup) butter or margarine
or
1 cup cooking oil
2 tablespoons salt
1 pt. (2 cups) vinegar, sauterne or white wine
1 cup water

Melt butter or margarine if used. Combine with other ingredients and blend well.

Add one or more of the following seasonings, but not *all:*

1 tablespoon finely minced onion
½ cup soy sauce
½ cup crumbled blue cheese
1 clove garlic, minced
¼ cup Worcestershire sauce
¼ teaspoon chili powder
1 teaspoon dry mustard
1 tablespoon Tabasco sauce
¾ teaspoon black pepper

Baste on turkey throughout the cooking period.

A sauce without any pulpy ingredients or pepper may also be injected into the bird to get the flavor through the meat. Injectors are available in most houseware departments. For best results, inject sauce under skin and into thickest muscles of meat several hours before cooking, then refrigerate.

WINE 'N HERB BARBECUE SAUCE

Blend ¼ cup white wine; ¼ cup melted butter or margarine; 1 clove garlic, minced and ½ teaspoon crushed rosemary leaves. Let stand several hours at room temperature. Use as a basting sauce for rotisserie-roast turkey. Makes about ½ cup or enough for one 6 to 12 pound turkey.

CHINESE MARINADE

Combine 1 teaspoon each ground ginger, dry mustard and Accent; 1 tablespoon honey; ¼ cup soy sauce; ¼ cup salad oil; 2 cloves garlic, minced. Let stand in glass or pottery bowl several hours at room temperature. Makes about ¾ cup marinade or enough for one 6 pound turkey cut up for grilling.

SMOKY BARBECUE SAUCE

Combine the following: 1 (8 oz) can tomato sauce, ¼ cup grated onion, 1 teaspoon sugar, 2 teaspoons vinegar, ½ teaspoon Worcestershire sauce, ¼ teaspoon salt, dash pepper and several drops liquid smoke seasoning. Simmer gently until onion is tender, about 15 minutes. Excellent smoke-flavored sauce for basting rotisserie-roast or grilled turkey. Makes about 1 cup sauce.

MENU Suggestions and Go-Withs

CORNBREAD DRESSING

2 tablespoons butter or margarine
1 cup sliced celery
½ cup chopped onion
1 (8 oz) can tomato sauce
1 teaspoon salt
⅛ teaspoon pepper
1 cup applesauce
Chopped, cooked giblets from turkey
4 cups crumbled corn bread

In a large skillet, cook celery and onion in butter or margarine until tender, but not brown. Add all remaining ingredients except corn bread and heat until bubbly. Add cornbread and toss gently until just blended. Serve at once. Makes 4 servings.

RICE—PLAIN 'N FANCY WAYS

ORANGE RICE

Combine 3 cups cold water, 3 cups packaged, precooked rice and 1 envelope (1⅜ oz) onion soup mix. Bring to boil and cook until tender, 3 to 5 minutes. Cover and keep warm. Cook 1½ cups (¼ to ½ pound) sliced fresh mushrooms in ¼ cup butter or margarine until lightly browned. Add to rice with ¼ cup walnuts and 1 (11 oz) can mandarin oranges, well drained. Makes 6 servings.

Also excellent with turkey are the prepared rice mixes such as Curried Rice Mix and Plain 'N Wild Rice Mix. Serve the Curried Rice with coconut, toasted almonds, chutney; the Plain 'N Wild Rice with mushrooms.

POTATOES 'N CORN

DILLED POTATOES

For each serving, cut a medium-sized pared potato crosswise into 1-inch slices. Place on square of heavy-duty aluminum foil and season with salt and paprika. Brush generously with melted butter and sprinkle with snipped dill weed. Put slices together to resemble whole potato; wrap in foil, sealing tightly. Grill 3 to 4 inches from coals for 30 to 45 minutes, turning occcasionally.

CORN ON THE GRILL

Loosen husks just enough to remove silk from ears of corn. Dip ears in pail of water; remove and shake well. Rewrap husks around corn. Plunge into water again and let stand until husks are soaked, about 30 minutes. Place ears on grill close to coals and roast, turning often, until tender, about 15 minutes. Husk and brush with melted butter.

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